

Internet Addiction and Its Relationship with Self-Efficacy Level among Al-Hussein Bin Talal University Students

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Abstract

The aim of this study was to identify the Internet addiction and its relationship to self-efficacy level among Al-Hussein Bin Talal University students. The study sample consisted of 300 female and male students, who were selected randomly. The participants completed a questionnaire that consisted of two scales: Internet addiction which was prepared particularly for this study and self-efficacy which was developed by Radhwan (1997). The results showed that there was a weak correlative relationship between Internet Addiction degree and Self-Efficacy level. In addition, the results indicated that Internet addiction and self-efficacy were affected by gender (it was higher among male students than female students). Finally, the results showed that there were no differences on both scales (Internet addiction and self-efficacy) based on the participants' academic achievement levels.

Keywords: Internet Addiction, Self-efficacy, Al Hussein Bin Talal University.

1. Introduction

The world is witnessing a great development in various human life fields. The Technical and technological development is considered one of the most prominent features of such development, It's a fact that there is a wide usage of the Internet and an increase in the number of users all over the world. Therefore, it becomes impossible to neglect the Internet taking into consideration the goals of using it for many purposes; such as communicating with friends, entertainment, amusement and follow up updates and scientific research.

In spite of the various positive impacts which originated from such usage, there are still many negative trends which are available, most prominent of which are the excessive usage and also sitting for a long time in front of the electronic devices. Internet Addiction comes as one of the most important problems originating from using Internet (Young & Rodgers, 1998).

The social cognitive theory occupied increasing major concern to interpret addiction behaviors. Such theory applications supposed that the addictive behavior may be interpreted through identifying the individual's organization mechanisms which are influenced by two factors; behavior prospected outcomes and individual's self-efficacy (Qatami, 2004).

Bandura (1993), tackled the impact of self-efficacy on the ambition, performance and learning levels, being an important basis to define individual's motivation level, psychological health and its personal performance, in addition to its influence on its missions and activities quality which individual performs as well as his ability to deal with hindrances that block his way.

1.1 study problem

The interest in Internet addiction is considered one of the important issues within the wide spread of Internet usage which becomes a source for knowledge, entertainment and main tool in terms of social interaction on worldwide basis. The foregoing contributed in sitting for long hours before the computer sets and digital boards which works to change individual interaction methods with his the group and changes in skills needed for interaction. The foregoing, indeed, influenced the academic and social performance of the individual as well as originating withdrawal symptoms of some people and all lead to decrease in the individual self-efficacy level. From this point this study launched to pay more attention on Internet addiction and relationship thereof with self-efficacy. The study problem may be drafted as follows:

Is there correlative relationship between Internet addiction and self-efficacy level among Al-Hussein Bin Talal University students?

1.2 study Questions

This study seeks to reply to the following questions:

- Is there correlative relationship of statistical significance between Internet Addiction degree and self-efficacy level among the respective University students?
- Are there differences of statistical significance at significance level of ($\alpha \leq 0.05$) in the internet addiction which is attributed to Gender?
- Are there differences of statistical significance at significance level of ($\alpha \leq 0.05$) in the internet addiction which is attributed to Academic Achievement level?
- Are there differences of statistical significance at significance level of ($\alpha \leq 0.05$) in the self-efficacy

degree which is attributed to Gender?

- Are there differences of statistical significance at significance level of ($\alpha \leq 0.05$) in the self-efficacy degree which is attributed to Academic Achievement level?

1.3 Study targets

This study aimed at identifying the relationship between internet addiction and self-efficacy level and difference in terms of gender and Academic Achievement level, in addition to preparing internet addiction scale.

1.4 Study importance

The importance of this study comes from its expected achievements; represented by surveying the relationship between Internet addiction degree and self-efficacy level and disparity thereof in terms of gender and Academic Achievement level. Such relationship was not tackled before in our Arab Communities as to the best knowledge of the researcher. This study also enjoys theoretical importance as well represented by information presented herein in Internet addiction and self-efficacy phenomena. Moreover this study acquires featured importance relating to providing psychologists and educationalists with necessary information on the suitable level to use Internet and supplying suitable scale to measure the Internet addiction degree to avoid negative trends associated with the excessive usage thereof, and relationship of the foregoing to the self-efficacy level.

1.5 Study determinants

This study is determined by its restriction to set of regular students of both genders in the University of Al-Hussein Bin Talal, at the academic year 2015/2016, and outcomes thereof are determined by the two tools employed herein; i.e. Internet Addiction and self-efficacy scales and its (Sikometric) features.

1.6 Procedural Definitions

For the purposes of this study, the procedural definitions are used as follows:

- Internet Addiction

Has its procedural definition; that is to say the degree which is obtained by the examined person on Internet scale prepared for such issue.

- Self-efficacy

With its procedural definition; that is to say the degree which the examined person attains on self-efficacy scale.

- Academic Achievement level

With its procedural definition; to say the student's academic grade based on its accumulated average in the University within four levels (excellent, very good, good and satisfactory).

2. Theoretical background

2.1 Internet Addiction

Studying Internet addiction phenomena has emerged as a result of sustainable increase in Internet users, the long time which some individuals spend using computer which exceeds the familiar normal average. Psychologists (Ivan Goldberg) and (Young) were the pioneers who were interested to study this phenomena and explore the negative impacts of the Internet's excessive usage and further dealing therewith as psychological and clinical disorder (Hashim,2015).

Charleton (2002) defines the Internet addiction as excessive usage of the internet which originates physical, social and psychological symptoms which are considered indications in terms of clinical or recessional disorder.

Young & Rodgers (1998) defines the internet addiction as excessive usage of the internet and the inability of the individual to control thereof, which, indeed, leads to many psychological and social difficulties as well as problems relating to work and study.

Through reviewing the above two definitions, we may say that Internet addiction refers to the individual feeling of his urgent need to use the internet for long times which shall, for sure, be negatively reflected on the individual life, time control and a way for many psychosocial and social problems.

Internet Addiction features are presented in many aspects, most prominent ones are neglecting the social and family activities, excessive sitting before the Internet, individual sense of his inability to communicate via the internet in addition to the psychological tension and unwillingness to conclude direct conversations with others (Zaidan, 2008).

Jennifer & Ferres (1999) presented many of psychological interpretations as to Internet addiction, most important of which is the Psychodynamic Interpretation which construe the internet addiction by availability of some personal features & inherited tendencies in addition to the availability of stressful circumstances and incidents which pave the way before the individual to tumble into types of various addictions such as Internet. On the other hand, there is the behavioral interpretation that explains the addiction as a restful Mean, psychological

leisure and a Mean used to run away from the reality and obtaining behavior enhancements.

Davis (2001), referred to in Ali (2010) has developed Cognitive Behavior form that collect the behavioral and evolutionary results connected by using internet, under supposition that psychological and stressful suffers that some individuals suffer are connected by negative cognitive on their social relationships. So they lean to prefer the social interaction via the internet as it is considered less threatening and risky. Therefore it offer them tendency as to internet forced usage and thus it generates more personal, social and vocational problems.

Internet addiction has many symptoms, most important one is represented by individual sense of anxiety and stress once communicating via internet is not available or possible, and they feel restful once it becomes available. Also time is no longer important during using internet which works to cause social, economical and practical problems due to the addict needs as to increasing terms to fulfill his wish (Mahdi, 2000).

The American Psychological Association classified internet addiction under upset and it set out many stakes, if 3 or more of which are available in the person through using internet then the using individual is classified as Internet addict; (Jennifer & Ferres, 1999). Such stakes are:

- Tolerance: represented by hours increase in using internet to satisfy the wish; which used to be satisfied by fewer hours.
- Withdrawal symptoms: Such symptoms cause anxiety, social and personal problems due to decreasing or stopping internet usage time. Such symptoms include excitability kinetics, imaginations & dreams relating to what is follow up at the internet.
- Withdrawal symptoms decreasing trend once using the internet.
- Inability to control the time spent on the internet.
- Spending long times in internet activities; reading books, magazines relating thereto.
- Coldness of the social relationships and work problems.
- Threats directed to social and intimate relationships as well as work, study relationships and losing the available opportunities.

Individuals who suffer from social isolation and fail to establish natural human relations with others or those who suffer less self-confidence and are afraid from being subject to joking are more vulnerable to addiction, as electronic world becomes preferred field to exhaust their fear and anxiety and establishing hypothetical relationships which shall be reflected on their social and personal life. (Young & Rodgers, 1998).

2.2 *Self-efficacy*

Self-efficacy concept refers to individual's personal thoughts on his ability in certain situations. Its wide Meaning includes self-cognition or image which is developed by the educated person on himself, which is clear in success or failure expectations as to certain mission, (Bandura, 1993).

From our review as to books and studies which tackle Self-efficacy concept, we noticed many synonymous terms as to self-efficacy, most prominent of which are (Competency expectations, self-efficacy, self-efficacy expectancies), which are used to refer to the same concept (Al Zayyat, 2001).

By virtue of Bandura theory, self-efficacy affects individual selection level for certain mission, its exploited efforts therein, his degree of perseverance and insisting to succeed in his mission. From this point individuals believes on their self-efficacy may be developed through many aspects, most important of which are individual self-efficacy believes due to his acquired repeated successes, his believes on his physical and emotional condition as they explain their response towards stresses as self-efficacy weakness sign. Moreover, modeling role may have its effects on the self-efficacy at similarity degree with the model. Also individual may be influenced by other ideas on his abilities to achieve success through what is called social convincing, (Qatami, 2004).

The social cognitive theory assumes inevitable reciprocal availability among three components; the 1st. relates to self factors connected to individual believes on his abilities, trends and tendencies. Whilst the 2nd. Component includes behavioral factors of pool of responses issued by same person towards certain situation. The environmental factors occupy the 3rd. component to include roles of those who deal with the individual; parents, teachers and friends (Bandura, 1993).

Self-efficacy has its impact on the individual believes on his ability to practice control as to his life incidents, as it cares of what he can do with his skills and not only possessing such skills, (Qatami, 2004).

Individual self-efficacy feeling contributes in enhancing his performances in many ways; individuals who own high self-efficacy look to difficult missions as challenges which are possible to overcome. This works to encourage self-interest as to perform the mission. On the other hand, if they fail they recover, immediately, their sense as to self-efficacy and thus they attribute their failure to shortage in efforts, knowledge or skills, which decrease their psychological stress and being subject to depression, (Bandura, 1993).

3. Previous studies

There are many previous studies which handled Internet addiction issue & self-efficacy which could be classified,

based on its closeness to this study's variables, as follows:

3.1 Studies that tackled Internet Addiction issue, one or more variable herein.

Atoum & Al-Hatattab (2015) concluded study aimed at identifying the relationship between Internet addiction, social and psychological adaptation. The study sample was consisted of 600 students of both genders selected randomly from the high fundamental stage students in Jordan. The generated results displayed that the social psychological adaptation level of non-internet addicts' students was higher than those otherwise.

Abream (2015) conducted a study aimed at discussing the relationship between Internet addiction and psychological alienation feeling of University students' sample. The sample is consisted of 276 students from Om Al Bawati University, and the generated results displayed the existence of correlative positive relationship between internet addiction and psychological alienation feeling. Also there were differences between males and females in terms of internet addiction degree in the favor of males.

Abdullah (2015) conducted his study aimed to discuss the relationship between Internet addiction and personal sickness features and the relationship of this as to gender and growth stage variables at children and teenagers. The sample consisted of 351 students of both genders. The generated results displayed the existence of relationship between internet addiction and some of personal sickness features, and also the availability of statistical significant differences between males and females in terms of internet addiction in the favor of males.

Akhter (2013) conducted his study aimed to identify the relationship between Internet addiction and academic performance among the university sample.

The sample consisted of 359 students of both genders. The generated results displayed the existence of negative relationship between internet addiction and academic performance, and also it displayed that the internet addiction males' rate is higher than those of females.

Al Sabati, Reslan & Ali (2010) conducted their study aimed to identify the Internet addiction and its usage motives and relation of each to the social interaction among the University students.

The sample consisted of 200 students of both genders. After applying it on Internet addiction scale, internet usage motives and social international, the generated results displayed the existence of differences between males and females as to internet addiction level in the favor of males, while it could not predict the internet addiction through the social interaction.

Al Homsi (2008) conducted his study which aimed to identify the relationship between Internet addiction and social interaction skills among sample of 150 students of both genders in Damascus University. Young for internet addiction and Al Haj for social relationships scales were used herein. The generated results displayed the existence of correlative relationship between internet addiction and social interaction skills; also there were differences between males and females as to internet addition in the favor of females. While there were no differences as to internet addiction which are attributed to scientific specialty variable.

3.2 The studies that handled self-efficacy issue, variable or more included herein.

Bernkat (2016) conducted a study aimed at identifying the self-efficacy believes among College of Education students and their trends towards using the computer. The study sample was consisting of 414 students of both genders. The generated results displayed that self-efficacy believes as to using computer, was higher among male students, while the specialty or academic level did not influence the efficacy degree. Moreover the generated results also displayed correlative relationship between hours which student spend before the computer and its self-efficacy

In a study concluded by Caraparo, Messina, Severino, Fasciano, Cannella, Gori, Cacioppo & Baiocco (2014) aimed to identify the relationship between shy and self-efficacy and internet addiction. The study sample consisted of 670 students of both genders in the University. After applying shy, self-efficacy and internet addiction scales the generated results displayed the existence of correlative relationship between Shy and internet addiction, also negative correlative relationship between Shy and self-efficacy. It was noticed the availability of negative correlative relationship between self-efficacy and internet addiction.

Tavakoli, Jomehri & Farrokhi (2014) conducted a study aimed to indentify the relationship between attachment types, social self-efficacy and internet addiction. Study sample consisted of 161 students of both genders in the University. Social self-efficacy scale has been applied therein as well as Young scale for internet addiction. The generated results revealed that there was no correlative relationship between social self-efficacy and internet addiction.

Al Masri (2011) study aimed to indentify the relationship between future anxieties, self-efficacy and ambition level among the University students. The study sample consisted of 626 students of both genders. Future anxiety, self-efficacy and ambition level scales were used on the sample individuals. The collected results showed that there is negative correlative relationship between future anxiety and self-efficacy, also no influence as to academic specialty was noticed on self-efficacy, but the results revealed differences between males and females as to self-efficacy degree in the favor of males.

Furutani, Kobayashi, & Ura (2009) concluded a study aimed to identify internet usage influence on self-efficacy. Study sample consisted of 1320 students selected randomly in Japan. The collected results displayed the availability of impact as to using internet on self-efficacy degree.

3.3 *Comments on previous studies.*

Through reviewing the previous studies the variety of studies which tackled internet addiction and self-efficacy issues and its correlation as too many variables and subjects were noticed. It's noticed that scales used to measure the internet addiction in most of the studies are relatively old scales, most common of which is Young scale to measure internet addiction. This offered importance as to our study herein as it includes new scale to measure the internet addiction which takes into account the technological recent development. It's also noticed that Arabic environment as to internet addiction's and relationship thereof with self-efficacy studies are poor, and thus this study handles an important academic stage; University stage.

4. Methodology and procedures

This chapter includes, study methodology description, community, sample, employed tools, method of assessing reliability and validity, application, correction and interpretation procedures and description of statistical processing which is adopted to reply raised questions herein.

4.1 *Study Methodology*

This study adopted the descriptive and correlative method which focuses on reality description and attempts to interpret thereof, as well as the relationship between variables.

4.2 *Study Population and Sample*

Study community consists of regular students of both genders in Al-Hussein Bin Talal University; academic year 2015/2016, totaled at 5501 students.

Study sample selection was made randomly (by lot) after defining the sample volume; 125, 175 males and females respectively form scientific and human sciences colleges. Table No. (1) Displays the study sample distribution based on college and gender.

Table (1): Study sample distribution based on college and gender

College / Gender	Male	Female	Total
Scientific	90	95	185
Humanitarian	35	80	115
Total	125	175	300

4.3 *Study tools*

Two scales were employed at this study; as follows

Internet addiction scale

Prepared by the researcher, and employed to measure internet addiction degree; behavioral, social and emotionality, consisting in its final image of 23 Items.

The scale validity was verified as to the sample herein through presentation thereof in its initial image consisting of 26 Items to five arbitrators from Universities professors, and adopting standard (0.80) to authorize the item or amending thereof. Three items were deleted as recommended by the arbitrators.

Also the scale reliability was verified by calculating Chronbach Alpha coefficient, whereas reliability coefficient is (0.91); refer to availability of suitable internal consistency.

The scale is subject to calibration by giving weigh to each phrase to express the internet addiction degree based on the following levels: Never happen (1), rarely (2), sometimes (3), much (4), always (5). Degrees are ranged from 23-115, the maximum degree refers to high internet addiction level.

Self-efficacy scale

At this study the Arabized copy of Schwarzer & Jerusalem (1995) was used. Radhwan (1997) had developed this scale and extracted its validity and reliability evidences as to Arab environment. The scale is consists of ten items pursuant to Gradient quartet. Its degrees are ranged from 10-40, the high degree refers to high self-efficacy degree of the individual.

For this study, the researcher has extracted the scale validity by calculating Pearson correlation coefficient for each item to total degree. Table (2) displays Pearson correlation coefficient of each item in the scale to total degree. Increasing the correlation coefficient over (0.40) was adopted as stake to maintain the item. Correlation coefficient are ranged from 0.490 - 0.684 at MEAN (0.596), which refers that each item of the scale have its share in terms of total degree in good manner.

Table (2): Items' Pearson correlation as to total degree on self-efficacy scale.

Serial	Item	Correlation degree
1	Once the person hinders achieving target I am seeking for, then I shall be able to locate suitable Means to achieve my target.	0.507
2	If I exploit enough efforts then I shall succeed in solving the difficult problems	0.490
3	It is easy to achieve my targets and wishes	0.498
4	I know how to deal with unexpected situations	0.682
5	I believe that I am able to deal with incidents and events if it come suddenly	0.602
6	I deal with difficulties calmly as I depend on my self-abilities.	0.615
7	I do not worry of problems facing me as I can deal therewith simply	0.621
8	I always find solution to problems facing me	0.612
9	If I face new situation I know how to deal with	0.648
10	I have thoughts on how to deal with problems that facing me	0.684

For the purpose of verifying the scale reliability of the current study sample Chronbach Alpha was calculated, reliability coefficient was (0.80) which refers to the availability of suitable internal consistency.

4.5 Study variables

- Independent variables, which include: Gender under two levels (Male, Female), Academic Achievement level, under four levels (Excellent, Very good, Good, Satisfactory).
- Dependent variables, which include: Internet Addiction, Self-efficacy

4.6 Application procedures

The distributed Questionnaire consists of three pages, 1st. included information as to gender and college, academic achievement level, replies instructions, while the other pages included the two used scales herein then correction procedures.

5. Study results and discussing

5.1 Results presentation First question:

Is there correlative relationship of statistical significance between Internet Addiction degree and self-efficacy level among the respective University students?

To reply such question Pearson correlation coefficient between Internet addiction degree and self-efficacy level was extracted. Table (3) presents the correlation coefficient.

We can notice from table (3) above, the availability of weak correlation relationship between Internet addiction and self-efficacy level; Pearson correlation coefficient reads (0.158), which is value of statistical significance of ($\alpha = 0.01$).

Table (3): Pearson correlation coefficient between Internet addiction degree and self-efficacy level

Variable	self-efficacy level
Internet addiction degree	0.158*

*correlation coefficient statistically significant at the level of significance ($\alpha = 0.01$)

This study outcome contradicts with Craparo et al. (2014) and others' outcome; which showed the unavailability of correlation coefficient between Internet addiction and self-efficacy level. Also it contradicts with Tavakoli et al. (2014) and others results which showed unavailability of correlation coefficient between social self-efficacy and Internet addiction.

We can give interpretation as to such result depending on behavioral interpretation of addiction whereas addictive behavior is considered Mean to obtain rest, leisure, running away from reality and obtaining enhances. This is not connected directly with self-efficacy level. Also it could be interpreted based on behavioral – knowledgeable form; which focuses on interference and interaction between various psychological factors. Internet addiction affects individual's social interaction who shall lean to social interaction by using internet in larger mode than direct interaction, which is reflected, even under weak degree, on individual's self-efficacy.

5.2 Results presentation as to second question:

Are there differences of statistical significance at significance level of ($\alpha \leq 0.05$) in the internet addiction which is attributed to Gender?

To reply such question T-test for independent sample was used to test differences between sample individuals performance averages by using internet addiction scale and differences thereof based on gender difference. Table (4) presents t-test results of sample individuals performance averages based on internet addiction scale in terms of Gender.

Table (4): T-test of sample individuals performance averages based on internet addiction scale in terms of Gender

variable	Gender level	Mean	SD	T	P
internet addiction	Male	70.99	15.50	2.675	.008
	Female	66.23	14.96		

We can notice from table No. 4 above, the availability of differences of statistical coefficient between performance averages of sample individuals; males and females in the favor of males. T value was calculated at (2.675) which is statistical coefficient value at coefficient level of ($\alpha \leq 0.05$).

This result match with results reached at in Abream (2015) study, and Abdullah (2015) study, Akhter (2013) study, Al Sabati et al. (2010) study. While it came in contradiction with Al Homsi (2008) study which showed availability of differences between males and females in terms of Internet addiction in the favor of females.

We can give interpretation as to such result, that males use internet more than females to spend their times and entertainment, while females perform home business and direct social relationships. Besides, family in Jordanian community may allow for males to spend more time on the internet while it deny such right to be practiced by females.

5.3 Results presentation as to the third question

Are there differences of statistical significance at significance level of ($\alpha \leq 0.05$) in the internet addiction which is attributed to Academic Achievement level?

In reply to such question, Means and standard deviations was calculated for the sample individuals' performance by using Internet addiction scale based on Academic Achievement level. Table (5) shows Means and standard deviations of the sample individual's performance on Internet addiction scale based on Academic Achievement.

Table (5): Means and standard deviations of the sample individual's performance on Internet addiction based on Academic Achievement

Academic Achievement level	Number	Means	SD
Excellent	31	65.45	13.39
Very good	108	69.52	16.20
Good	127	67.70	14.91
Satisfactory	34	68.50	16.00
TOTAL	300	68.22	15.34

Table No. (5) refers to apparent difference between sample individuals marks Means on Internet addiction scale based on Academic Achievement, Mean of students who enjoy very good Academic Achievement was the higher, followed by satisfactory achievement, then good Academic Achievement level, while Mean of students of Excellent academic level is the lowest.

In order to indentify if the differences between means of Academic Achievement level of statistical coefficient one -way ANOVA was used taking into account that internet addiction is dependent variable, and Academic Achievement level is independent variables. Table (6) shows the one -way ANOVA results of performance means on internet addiction scale based on Academic Achievement level variable.

Table (6): One-Way ANOVA results of performance means on internet addiction scale based on Academic Achievement level

Source	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	459.193	3	153.064	.648	.585
Within Groups	69913.724	296	236.195		
Total	70372.917	299			

Table (6) shows no differences of statistical coefficient at coefficient level ($\alpha \leq 0.05$) at the degree of internet addiction which is attributed to Academic Achievement level, whereas F value reads (0.648), by coefficient (0.585) which is not considered of statistical coefficient value at coefficient level of ($\alpha \leq 0.05$).

This outcome comes in contradiction with Akhter (2013) study results, which shows negative correlation relationship between internet addiction and Academic Achievement.

We may explain such outcome to represent the student's ability to maintain balancing between using internet and Academic Achievement. In other words, most of students can separate study times at examination time and using internet which normally comes during spare time. Also using internet for long times every day, may lead to boredom and examinations term may be opportunity to break the routine and care of Academic Achievement.

5.4 Results presentation as to the fourth question

Are there differences of statistical significance at significance level of ($\alpha \leq 0.05$) in the self-efficacy degree which is attributed to Gender?

In reply to this question, T-test for independent samples was used to examine differences between means of sample individual's performance on Self-Efficacy scale based on gender type. Table No. (7) displays T-test results of Sample individuals of both genders' performance means on self-efficacy scale pursuant to gender.

Table (7): T-test of sample individuals performance averages based on Self-efficacy scale in terms of Gender

variable	Gender level	Mean	SD	T	P
Self-efficacy scale	Male	30.10	4.81	2.283	.023
	Female	28.90	4.24		

We can notice from table No. (7) that there are differences of statistical significance on self-efficacy scale between sample individuals of both genders in the favor of males, while (T) calculated value read (2.283), which is statistical significant value at significance level ($\alpha \leq 0.05$).

This result is in line with Al Masri study (2011) results which displayed differences between male and females in terms of self-efficacy level in the favor of males.

The foregoing may be attributed to the typical image of the male in the community, as males acquire the major social role and social interaction opportunities, participating in others events and communications are available for males without restrictions. Also Self-development opportunities are greater for males compared with females, while there are restrictions as to the female social relationships which limit their opportunity to develop herself and this is reflected negatively on self-efficacy as to the females.

5.5 Results presentation as to the fifth question

Are there differences of statistical significance at significance level of ($\alpha \leq 0.05$) in the internet addiction which is attributed to Academic Achievement level?

In reply to such question, Means and standard deviations was calculated for the sample individuals' performance by using self-addiction scale based on Academic Achievement level. Table No. (8) presents the means and standard deviations of individuals on self-efficacy scale based on Academic Achievement level.

Table (8): Means and standard deviations of the sample individual's performance on self-efficacy scale based on Academic Achievement

Academic Achievement level	Number	Means	SD
Excellent	31	30.90	4.02
Very good	108	28.90	4.59
Good	127	29.61	4.71
Satisfactory	34	28.85	3.80
TOTAL	300	29.40	4.52

Table No. (8) refers to apparent difference between sample individuals marks MEANS on self-efficacy based on Academic Achievement, means of males who enjoy excellent Academic Achievement is the higher, followed by those who acquire good Academic Achievement, then very good Academic Achievement, while MEAN of students of satisfactory achievement is the lowest.

In order to indentify if the differences between Means of Academic Achievement level of statistical coefficient we have used one -way ANOVA taking into account that self-efficacy is dependent variable, and Academic Achievement level is independent variable. Table (9) shows the one -way ANOVA results of performance means on self-efficacy scale based on Academic Achievement level variable.

Table (9): One-Way ANOVA results of performance means on self-efficacy scale based on Academic Achievement level

Source	Sum of Squares	Df	Mean Square	F	Sig.
Between Groups	113.248	3	37.749	1.860	.137
Within Groups	6008.949	296	20.301		
Total	6122.197	299			

Table (9) shows no differences of statistical coefficient at coefficient level ($\alpha \leq 0.05$) at the degree of self-efficacy which is attributed to Academic Achievement level, whereas F value reads (1.860), by coefficient (0.137) which is not considered of statistical coefficient value at coefficient level of ($\alpha \leq 0.05$).

This result comes in line with Berkant (2015) study which displayed that the academic level has no influence on self-efficacy level.

This result could be explained through saying that the Academic Achievement level depends, at major degree, on memorization, ability to memorization, analysis and comparison, which are skills which may be acquired by the student regardless his self-efficacy level, as these do not fall mainly under social skills.

6. Recommendations

According to the results that have been reached, the study recommends the following:

- The need for the university to prepare awareness programs for students about the safe use of the Internet.

- The need to provide entertainment venues that focus on physical and intellectual activities.
- The need for further studies on the impact of Internet addiction on different personality aspects.

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